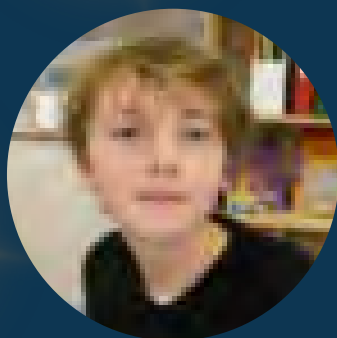


Weekly NEWSLETTER

Autumn Term 1 - Week 3

It has been another fantastic week across the school, with learners continuing to build confidence, develop friendships and enjoy a wide range of activities.

From mountain biking, forest skills, beach visits and Dartmoor adventures in Outdoor Education, to badminton in PE, community trips and delicious creations in Food Technology, there has been plenty to celebrate. We are incredibly proud of the enthusiasm, progress and achievements shown by our learners throughout the week.



Headteacher's Awards

This week the Headteacher's
Award goes to

Willow F

&

Freddie B



Information



MAGDALEN
COURT SCHOOL



Big School Parliament news - on the page - News from around the School



LOST PROPERTY ANNOUNCEMENT

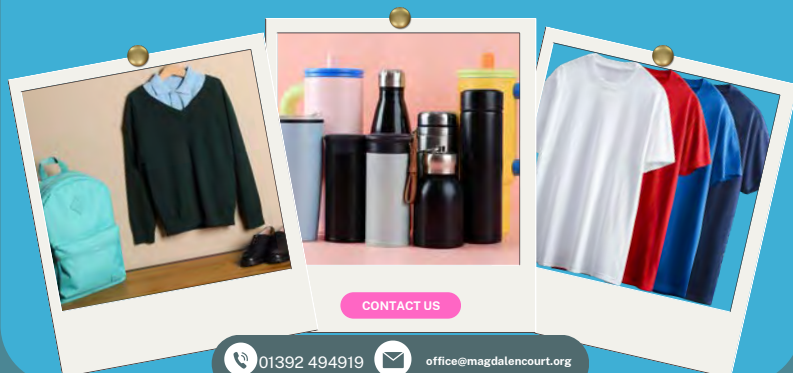


Magdalen Court School – Lost Property Notice

We have a growing collection of lost property items waiting to be reunited with their owners. Currently, we have several jumpers, T-shirts, and water bottles that have been found around the school grounds and classrooms.

If your child is missing any of these items, please check the Lost Property Box located in the school office or please get in touch with Kim or Emily via Phone/Email below.

Thank you



Lunchtime Clubs

Our active wall is a popular lunchtime club, with learners making great use of the wall and enjoying staying active in the warm getting active and interacting with peers.



Local things to do



Sat 3 Oct
Powderham Food Festival
Powderham Castle, Exeter



Sat, 10 Oct, 2026 - 09:30 AM
Exeter Comic Con and Gaming Festival Autumn
Westpoint Arena
Free

Coffee Mornings

Therapy Thursday Coffee Mornings

10:00am – 11:00am

Magdalen Court School

We are delighted to invite parents and carers to our Therapy Thursday Coffee Mornings.

Each session will focus on a different topic and provide an opportunity to meet members of our therapy team, ask questions, share experiences, and learn more about the support available to our learners.

If you are interested in attending, please contact your child's class teacher, who will pass your details on to the therapy team so that we have an idea of numbers.

Places are limited and will be allocated on a first come, first served basis. We look forward to welcoming you.

Dates & Session

1/10 Understanding emotional regulation

8/10 Sensory ideas for home

15/10 Drop in Q&A with the team for curiosity week

Staff Flowers of the week

Helen



P.E at Magdalen Court school



MAGDALEN
COURT SCHOOL



PE

All our students enjoy lots of varied sporting

It has been another active and enjoyable week in the PE Department at Magdalen Court School. Learners have shown great enthusiasm and teamwork while developing their skills through a variety of activities.



Basketball has been the focus in PE this week, with learners developing their dribbling, passing and shooting skills through a range of fun and engaging activities. It has been fantastic to see learners growing in confidence, working together as a team and showing excellent determination throughout lessons.

We are incredibly proud of the enthusiasm, positive attitudes and sportsmanship demonstrated by learners as they continue to develop their skills and enjoy being active.



Outdoor Education WEEK STARTING Monday 28th Sept 2026



Monday

**BEECH, LAUREL,
JUNIPER
& HAWTHORN**

B - Biking - VeloPark
L - Forest Learning School
J - Biking - VeloPark
H - River Dart Country
Park

Tuesday

**ASH, ASPEN
& SYCAMORE**

A - Biking - VeloPark
A - Biking - VeloPark
S - Beach visit.
Swim/SUP

Wednesday

**ELM, LARCH
& OAK**

E - Woodland Walk
L - Biking - VeloPark
O - Forest Learning
School

Thursday

**HAZEL, MAPLE, PALM &
WILLOW**

H - . Beach visit.
Swim/SUP
M - Beach visit.
Swim/SUP
P - Beach visit. Swim
W - Beach visit.
Swim/SUP

Friday

**LIME, HOLLY, BIRCH &
ROSEWOOD**

L - DofE Practice Walk
H - DofE Practice Walk
B - DofE Practice
Canoes
R - DofE Practice
Canoes

All activities
are subject
to weather
and may
have to
change.

Please
remember the
appropriate
clothing.



Please
remember
water bottles
please.



**Don't
Forget!**



Food Technology

WEEK STARTING Monday 28th Sept 2026



Monday

Food Tech

Aspen
Ash
Maple
Hazel

A - Breakfast muffins
personalized Savoury
A - Croque Monsieur
M - Kedgeree
H - Kedgeree



Tuesday

Food Tech

Beech
Palm
Elm

B - Bacon & Egg roll
with tea
P - Kedgeree
E - Bacon Eggs French
Toast



Wednesday

Food Tech

Juniper
Sycamore
Lime
Birch
Laurel

J - Croque Monsieur
S - Herby Pizza bars
L - Lancashire Hotpo
B - Omelette and
toppings
L - Breakfast/Tropical
fruit bars and
smoothies

Thursday

Food Tech

Hawthorn
Holly
Larch
Oak

H - Smoothie making
H - Lancashire Hotpot
L - Herby Pizza bars
O - Breakfast muffins
personalized Savoury



Friday

Food Tech

Willow
Rosewood - Online

W - Kedgeree
R - Online



Outdoor Education at Magdalen Court school

MAGDALEN
COURT SCHOOL



All our students enjoy lots of varied Outdoor Education this week.

Outdoor Education 🌊 🌳

Our Outdoor Education learners enjoyed a busy week of adventure and learning. As part of their ASDAN Personal Development programme, learners took part in a beach litter pick at Exmouth, helping to care for the environment and demonstrating excellent community responsibility.

Back at our Forest school Learning site, learners developed their outdoor skills by lighting fires safely, toasting marshmallows, and enjoying a range of woodland activities. There was plenty of fun and laughter along the way, including some energetic wheelbarrow rides!

These experiences helped learners build confidence, teamwork, independence, and resilience while making the most of the great outdoors.

GOOD
TIMES



News from around the School

MAGDALEN
COURT SCHOOL



NEXT WEEK



News THIS WEEK



CAREERS

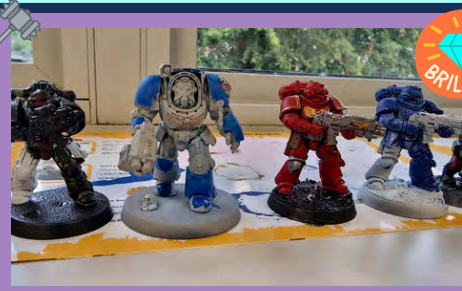


Lime Class- Learners have been using the college prospectuses to identify potential future courses and the challenges in reaching their chosen options. Excitingly, learners will be visiting colleges at the end of this term.



Warhammer Club

Learners in our lunchtime Warhammer Club have started painting their miniature figures, carefully choosing colours and bringing their characters to life. We are looking forward to seeing their finished creations over the coming weeks!



The MCS Green Scene

We are very lucky to learn and grow in such a wonderful environment, surrounded by nature throughout the year.



School Parliament News

The votes are in, and we are delighted to announce our new School Parliament team:

- ★ Chief Minister: **Marcus**
- ★ Rights Respecting Minister: **Arthur**
- ★ Well-being Minister: **Callum**
- ★ School Environment Minister: **Mala**
- ★ Climate Minister: **Harvey**
- ★ Charities Minister: **Freddie**
- ★ Pupils Minister: **Jackson**
- ★ Teaching and Learning Minister (Year 9 and Below): **Leo**
- ★ Teaching and Learning Minister (KS4): **Phoebe**

Congratulations to all our successful candidates, and a huge well done to everyone who applied and campaigned. We look forward to seeing the positive impact our new ministers will make across the school!



Coffee Mornings

Therapies Coffee Morning: Sensory Processing ☕

This week's Therapies Coffee Morning focused on Sensory Processing. Learners did a fantastic job making hot and cold drinks for our visiting parents, helping to create a warm and welcoming atmosphere.

The session provided a great opportunity for our therapy team to meet with parents, share information about sensory processing, explain how we support learners in school, and discuss practical strategies that may be helpful at home.

Our Coffee Morning takes place every Thursday from 10.00am to 11.00am and is open to all parents.

We would love to see you there!

Just send your class teacher a message on ClassDojo to let us know you'll be coming. 😊



Therapies

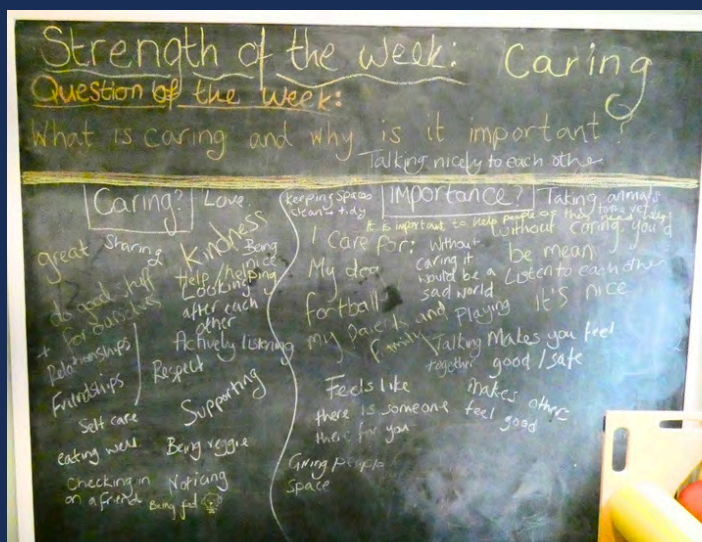


Strength of the Week: Caring ❤️

As part of our Just Right State Group, learners have been exploring the question: What is caring and why is it important?

We have been talking about the many ways we can show care to others and sharing examples of times when we have been caring, or when someone has shown kindness and care towards us. These thoughtful discussions helped our learners recognise the positive impact that caring actions can have on ourselves and those around us.

Take a look at our blackboard below to see some of the wonderful responses from our students!



Food Tech at Magdalen Court school

All our students enjoy learn all the skills needed for Food Tech at the school.

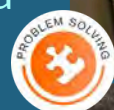
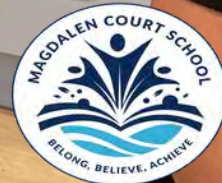
★ Food Tech Roundup

We've had another fantastic week in Food Technology, with learners developing a wide range of cooking skills and enjoying some delicious recipes along the way. Sycamore and Larch made tropical granola bars, practising weighing, chopping and mixing skills, while Hawthorn enjoyed taste-testing and creating refreshing fruit smoothies. Oak and Aspen baked savoury breakfast muffins and began adapting recipes to create their own versions for next week.

Ash and Juniper prepared beautifully presented French toast whilst revisiting the proteins food group from the Eatwell Guide. Beech and Elm enjoyed making winter-spiced poached pears and plums, which proved to be a firm favourite served with natural yoghurt. Palm, Maple and Willow created a warming chocolate and cherry oat bake, perfect for autumn mornings, while Lime and Holly continued to develop their knife skills by preparing a delicious cottage pie.

It has been wonderful to see learners growing in confidence, independence and creativity in the kitchen this week. 🍴 ✨

MAGDALEN
COURT SCHOOL



Yum!



Stars of the week



MAGDALEN
COURT SCHOOL



Stars of the week for each class

Aspen Class:- James S - Taking time to reflect and making a real effort to make positive choices.



Ash Class:- Noah B for showing a good understanding of the feelings, wishes and rights of others in PSHE.



Beech Class:- Jackson D



Birch Class:- Alfie H



Elm Class:- William



Hawthorn Class:- Alby



Hazel Class:- Kellan D



Holly Class:- Marcus for being a very helpful and considerate member of the Holly group



Juniper Class:- Deanna T For showing wonderful growth in independence and confidence in her classwork.



Larch Class:- Ronel



Laurel Class:- George S



Lime Class:- Rowan C - for being respectful by meeting the school standards during challenging moments



Oak Class:- Sonny



Maple Class:- Esmee A - for growing confidence and respectful conversations.



Palm class:- Callum for respectfully starting to access new subjects across the school.



Sycamore Class:- Riley



Willow Class:- Flo for attending her lessons and making sure she keeps the class environment tidy.



What Parents & Educators Need to Know about DISCORD

AGE RESTRICTION
13+

(with a 17+ app rating on app stores)

WHAT ARE THE RISKS?

A CHANNEL FOR EVERYTHING

While Discord is strongly associated with video games, it also hosts communities for almost anything you can imagine, such as books, music, influencers, cooking and sport. Some large servers focus on popular games like Minecraft or Fortnite, but many are private, invite-only spaces where friends or communities with shared interests can chat across phones, computers, and gaming consoles.

REAL-LIFE DISTRACTION

Like many social platforms, Discord can become a real time-sink. Although it does not rely on endless scrolling in the same way as some apps, constant messages, group chats, and voice channels can keep young people engaged for long periods, especially in larger servers. As Discord is closely linked to gaming, it may also increase the time they spend playing games.

STRANGER DANGER

Users can choose to stay within private servers with only people they know, but joining public servers will most likely bring them into contact with strangers. Many users are just friendly enthusiasts, yet others could have harmful intentions, including grooming, extortion, or radicalisation. In these types of environments, anyone can claim to be another teenager, which can make it harder for young people to judge who is safe to talk to.

A HARASSMENT RISK

There is also a risk from people a young person already knows in the real world. Bullying in the real world can continue online, and Discord servers can make this feel more intimidating, especially if someone uses anonymous or multiple accounts to carry out threatening behaviours. Because Discord works across computers, phones, and gaming consoles, unwanted contact can follow young people into online spaces that should feel safe and private.

INAPPROPRIATE CONTENT

This huge amount of choice can help young people "find their tribe", especially when they have niche interests. However, because users can create servers around almost any topic, younger users may still encounter unsuitable or distressing content. Even in spaces linked to child-friendly games, Discord cannot directly control every conversation, image, or video shared by other users.

A MONEY DRAIN

Discord is free to use, but users can still spend real-world money on it. This may include Discord 'Nitro', a monthly subscription that unlocks customisation features and larger media uploads, or purchases through the 'Shop' for profile cosmetics and game-related items. Small purchases can add up quickly, especially if spending controls are not in place.

Advice for Parents & Educators

USE FAMILY CENTRE

Parents and carers should make use of Discord's 'Family Centre', which gives an overview of a younger user's activity while respecting their privacy. Messages are not shared, but adults can view an activity feed and receive weekly email summaries. Discord says this is designed to support conversations about online behaviour, rather than be about constant monitoring.

CHECK, TALK, REPORT

Review Discord's privacy settings together, including who can send them friend requests or private messages. Use this as a chance to talk to them about strangers, privacy, and personal information, making sure young people know to question suspicious behaviour, such as requests to keep conversations secret. Show them how to block and report these kinds of users and reassure them that asking for help will not get them into trouble.

MANAGE TIME ONLINE

Agree clear expectations around when and how Discord can be used, especially during homework, bedtime, and family time. Encourage young people to turn off unnecessary notifications and leave servers that feel overwhelming. If Discord is mainly used alongside gaming, discuss healthy limits for both activities so that schoolwork, sleep, and offline friendships are not affected.

REVIEW SPENDING CONTROLS

Talk openly about paid features such as Discord Nitro, profile cosmetics, and in-game purchases. Make sure the young people in your care understand that digital items still cost real money. Check payment settings on the device they use, avoid storing card details where possible, and consider adding approval requirements for purchases, particularly for younger or more impulsive users.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard, and The New Statesman.



#WakeUpWednesday®

The National College®

See full reference list on our website



@wake_up_weds



/www.thenationalcollege



@wake.up.wednesday



@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 23.09.2026